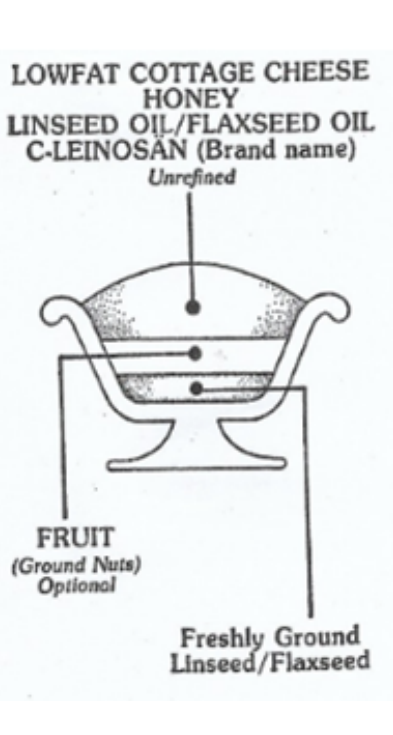
Budwig Recipes

BUDWIG APPROVED RECIPES

Dr. Budwig's "Muesli" Oil Protein
Quark/Cottage cheese and Flaxseed (Linseed) Oil Mixture



- Start with 2 tablespoons of low fat milk, the 3 tablespoons linseed oil, which you will mix together with a Wisk type mixer or electric stick type blender until nice a smooth. (an electric blender is preferred as you can be surer the oil blends well with all the other ingredients)
- Next add 1 teaspoon of honey and mix all 3 ingredients well together.
- Now slowly add the low-fat quark or cottage cheese 2 tablespoons at a time and keep mixing until it is mixed well, putting in a total of 6 level tablespoons of Low Fat Quark/cottage cheese (2% fat content or less)
- In separate bowl put 2 tablespoons of freshly crushed flaxseeds that you have ground up with a coffee grinder and covered in honey.
- Now put some fruit (berries, lemon juice, etc.) or nuts over the seeds and honey.
- Then finally pour the mixture of Quark, honey and oil over the flaxseed and honey and fruit. That is the original way Dr. Budwig liked to prepare it for her patients.

- **(See Optional)** for more things you can add to the Muesli mixture

FLAXSEEDS: If you are not able to get fresh pressed flaxseed oil or you would like to benefit from the nutrition that the flax shell provides then you can make the muesli using flaxseeds instead of flaxseed oil.

- Put 12 tablespoons of organic flaxseeds into a bowl and triple the amount pure water to cover the seeds and then soak overnight.
- Using an upright stick type electric blender, grind and blend up half the amount of soaked seeds (*you need to consume the muesli twice a day thus the other half of presoaked seeds will be used in the afternoon)*
- Add to 6 tablespoons of low fat *(2% or less)* cottage cheese or quark (organic if possible)
- 3 tablespoons of low fat skim milk (avoid UHT milk) and blend with electric stick type blender for a minute.
- Now add 2 teaspoons of raw honey (avoid if diabetic) and add to your taste fruit, lemon juice, etc. *(see Optional)*

Optional –Add the juice of ½ a lemon makes it very palatable and a great fresh taste. Also, fruit, especially berries can be added. Be creative and for a change some days try adding things like parsley, garlic, dried fruits, ground hemp seeds, ground almonds, ground sunflower seeds, Brazil nuts, and pumpkin seeds (do not use peanuts), vanilla, cinnamon, raw cocoa or grated coconut. Some prefer a touch of cayenne pepper… be creative! This muesli turns rancid after **20 minutes**, so it must be ingested immediately.

Do not grind and store seeds to be used later. The flaxseed oil must be kept cold, so store it in the fridge. Try to purchase directly from the manufacturer, (e.g. Barlean´s, N. America, or Linovita, Europe), or from an herbalist/health food shop. The cottage cheese/quark can be frozen if necessary.

FOR THE VERY ILL

Option 1 – Feed them 1 grated organic apple mixed with 1 tablespoon of Linomel (2 tablespoons of freshly ground flaxseeds,(better option would be to soak the flaxseeds at least 2 hours previously in 12 tablespoons of pure water and then grind with an upright stick blender), 1 teaspoon of raw honey and 1 teaspoon of milk(best to use pure oat, almond or rice milk).

Option 2 –Buckwheat soup – Serve a bowl of soup prepared from well-seasoned vegetable broth (do not use any soup bases or cubes they contain harmful additives), with added buckwheat groats. Buckwheat groats should be cooked separately as a porridge or in a granular form

Option 3 – Wine cream – make the "Budwig Ice Cream" (see below) and flavor with 2 tablespoons of sweet wine, rum or cognac (not recommended for liver or pancreatic cancer)

Option 4 – 3 tbsp Linomel (or 6 tbsp freshly ground flaxseed, 1 tbsp raw honey and 1 tbsp milk powder – best to use pure oat, almond or rice milk instead of milk powder) and 3 tbsp Oat flakes and 150 cc freshly squeezed orange juice or white or red pure grape juice or cherry, black currant or blueberry juices. Put oat flakes into cold water and bring to a boil. Add Linomel to the boiling gruel (oatmeal porridge); bring to a quick boil, then let stand for 10 minutes to let it swell. Pass the whole mass through a very fine sieve. This gruel (oatmeal porridge) is

very healthy and can be combined with a little milk (goat milk best choice). It is also helpful for digestion

Option 5 – 3 tbsp Linomel (or 6 tbsp freshly ground flaxseed, 1 tbsp raw honey and 1 tbsp milk (best to use pure oat, almond or rice milk) and 3 tbsp Oat flakes and 250 cc freshly squeezed orange juice or white or red pure grape juice or cherry, black currant or blueberry juices. Put oat flakes into cold water and bring to a boil. Add Linomel to the boiling grue (oatmeal porridge); bring to a quick boil, then let stand for 10 minutes to let it swell. Pass the whole mass through a very fine sieve. This gruel is very healthy and can be combined with a little milk (goat milk best choice). Now add 2 tablespoons of red wine, 1 oz of Vodka or cognac or Kirsch or rum. Put in a soup bowl and cover with 2 tablespoons of Quark Flaxseed oil mixture and stir so the alcohol mixes in well with the other ingredients.

TRANSITION DIET

Taken from Cancer – The Problem and The Solution by Dr. Johanna Budwig and translated by Healing Cancer Naturally © 2007

1 to 3 transition days according to individual person before starting on the full Flaxseed oil and cottage cheese mixture:

- oatmeal mucilage (porridge) with Linomel 3 times per day
- Linomel (see recipe above) on its own, 1 tablespoon every hour with fresh Papaya juice is highly important.
- 10 am freshly pressed carrot juice
- Consume all the other foods (salads, steamed vegetables, etc) as per the Budwig Daily Food plan to the extend the patients' health permits

Make sure to serve a hot beverage such as green tea or herbal tea at least 3 times a day. The only sweetener allowed is honey. Even seriously ill patients tolerate this transition diet well!

JUICES

Refreshing Carrot Juice

The juice and zest from the clementines and lemon turn carrots into a balanced refreshing juice you will enjoy at any time.

Ingredients:

- A big pile of carrots
- 1-2 small apples
- 1-2 small whole clementines (or similar)
- 1 lemon partially peeled

Simply juice them all together.

Silky Carrot Juice

This beautiful juice doesn't taste strongly of parsnips but they contribute a silky and slightly nutty richness to the juice. It's a lovely drink and seems gently restorative if you are feeling tired or under the weather.

Ingredients:

- I large parsnip
- 8 large carrots
- 1 large pear

Juice and enjoy as fresh as possible.

Better Beetroot Juice

To make beetroot juice irresistible to even confirmed beetroot-haters, start with white, orange or striped beetroot as they are less intensely beetroot-y but still have lots of beetroot goodness. it's a great way to get used to beetroot and for those who already love beetroot this makes it even better.

This is smooth, rich, bright, fruity, fragrant, earthy and wonderfully smooth. I always hated beetroot as a child but now I LOVE beetroot juice! If you don't have all the ingredients just use the ones you do have. Increase the ingredients you like and if you are getting a cold up the ginger – it works wonders.

Ingredients

- Lots of raw unpeeled beetroot (traditional red, striped, white or orange) if they still have the stalks and leaves, be sure to include them.
- A small amount of whole apples
- A similar amount oranges or mandarins – peeled or partially peeled
- Some carrots
- A small amount of parsnip
- About the same or a tad more of Florence (bulb) fennel
- And about half as much whole ginger root
- A similar amount peeled or partially lemon

BREAKFAST

AVOCADO MOOSE Breakfast

Add the following into your blender:

- 1 Avocado
- ¼ cup (60 ml) of berries of your choice
- 1-2 Tbs (15 to 30 ml) of either or all of the following oils, cold pressed sunflower seed oil, flaxseed or organic coconut oil.
- 1 tsp (5 ml) of cinnamon and or nutmeg
- 1 tsp (5 ml) of raw organic chocolate powder (optional)
- Blend in your regular blender or with a hand blender for 30 seconds to a minute on full power, serve and enjoy.
- Tip – Keep the avocado's and berries in the fridge so that it's chilled when you eat it.

GRANOLA

Most Granola sold in the stores contains sugar and other ingredients that are not healthy. Here is a nice homemade Granola recipe that all the family can enjoy.

- Heat oven to 200 C / 350 F degrees
- Put 4 cups (500 grams or 100 ml) of Oatmeal flakes into a large oven pan and heat for 10 minutes
- During those 10 minutes mix together the following:
  - ½ cup (125 ml) of shredded unsweetened coconut
  - ½ cup of (raw unroasted) sunflower seeds
  - 1/3 cup (90 ml) of almonds
  - 1/3 cup of sesame seeds
  - 1 tsp (5 ml) of Himalayan salt

- Mix the following before adding them:

1/3 (90 ml) cup of cold pressed sunflower seed oil

¼ cup (60 ml) of raw natural honey

1 tsp (5 ml) of vanilla

- Now add the roasted oatmeal to the rest and enjoy with oat milk or almond milk.

APPLE MUESLI

Popularized in Europe, muesli is a tremendously healthy way to start your day.

- 2 tablespoons (30 ml) oatmeal
- 4 teaspoons (20 ml) water
- 2 apples
- Juice of ½ lemon
- 3/4 cup (185 ml)yogurt
- 1 tablespoon (15 ml) raisins
- 2 tablespoons (30 ml) organic flax oil
- 2 tablespoons (30 ml) honey
- 3 tablespoons (45 ml) chopped walnuts
- Soak the oatmeal overnight in the water.

Grate the apple or process in a food processor

Combine all ingredients and mix well. Eat immediately. Serves 2

OATMEAL PORRIDGE Quick and Easy

- 1 cup (250 ml) quick oats
- 2 cups (500 ml) rice milk or oat milk to flavor
- 2 tablespoons (30 ml) organic flax oil
- 1/4 teaspoon (1.2 ml) vanilla plain nonfat yogurt to top
- A dash of cinnamon
- Combine the oats, milk in a saucepan.
- Bring to a boil. Cook about 1 minute over medium heat, stirring occasionally.
- Remove from heat. Add the vanilla, cinnamon, and honey. Stir in the flax oil.

SERVES 2 TO 3

BREAD SOURDOUGH

Here is how to create the "sour dough" so that you do not need to use yeast

1 cup (250 ml) of mother (flour, water and bit of honey left to 'brew' for a few days in a warm spot) keep in jar in fridge not freezer.

Bread Recipe

- 5 cups (1250 ml) whole meal spelt flour (organic if possible, much more tastier and recommended)
- 3 cups (750 ml) millet flour or white spelt flour or whole wheat flour
*If you want to use whole grains only, use at least 3/4 whole wheat, spelt
and/or kamut, and up to 1/4 or so rye or other grain flour. Whole spelt
actually makes a great light loaf*
- 2 tablespoons (30 ml) of coconut oil or olive oil (optional)
- 2 teaspoons (10 ml) Himalayansalt
- 2 teaspoons honey (raw)
- 1 cup of mother (250 ml) (flour, water and bit of honey left to 'brew' for a few days in a warm spot) keep in jar in fridge not freezer

Mix everything up with enough warm water to make wet but not runny dough, about 2 cups, depends on flours, experiment a bit here. Leave to rise overnight. Set some 'mother' aside in jar for next time in fridge. Pour rest into oiled, floured bread tin and let rise again then bake in low heat for about 1/2 hour then turn around so it doesn't burn. Continue for another 15 mins. and let cool before slicing (if you can wait that long 🙂 or it won't cut properly

FLAXSEED SPROUTS

Soak some flaxseeds in water for 5-6 hours. Then drain the seeds. As flaxseed soak too much water, keep the seeds in a plate & dry them under a ceiling fan for a few hours. Then put dried but still moist flaxseeds in plastic sprouteror hang in a cloth overnight. You get very tasty sprouts.

LOW CARB Breakfast Recipe – from Hannelore Volkman, Fillmore, New York

- Mix in blender: 1/2 cup (125 ml) oat milk
- 1 apple or any fruit
- 1 small handful nuts
- 1 small handful dates
- Blend well on high and add 3 tablespoons (45 ml) ground Flaxseeds.

EXOTIC PORRIDGE

- 1 cup (250 ml) of oats (organic is better)
- Boil in your almond or oat milk.
- Add stevia or a little honey for extra sweetness if required or a few raisins

RICE PUDDING–You can have this for breakfast or desert, hot or cold

- Boil plain brown rice (organic if possible) and drain.
- Add your almond or oat milk.
- Add some cinnamon, raw chocolate
- 3 Tblsp OLEOLOX
- 1 Tblsp of raw honey at the end

CREAM OF BUCKWHEAT

- Soak 1 c. of Buckwheat overnight (or min. 3 hrs.)
- Soak also a handful of raisins in ½ cup of water
- Drain water from the buckwheat and rinse.
- Place in blender with: ½ apple, some cinnamon, ½ c. of water from soaked raisins and extra honey or water as you wish
- Serve with extra apple slices, the juicy raisins and a sprinkle of cinnamon

MAIN COURSE & SNACKS

BAKED POTATO and Quark-Linseed Oil Cream

This is the most ridiculously delicious meal and very quick, cheap and easy. Bake a large potato. Mix the quark-linseed oil cream with a tiny pinch of salt, a little black pepper and small amount of finely chopped chives and use to top the potato. Serve with salad or cooked veg.

(Mock) Taramasalata – Recipe

Combine quark-linseed oil cream with 1 mashed clove garlic, juice of approx ½ lemon or to taste, a pinch of smoked paprika or smoked chili (depending on how spicy-hot you like your food) and/or up to a tsp of ordinary sweet paprika and 150g mashed chickpeas. Add a little salt to taste. Use as a dip with raw veg or sandwich filling.

TZATZIKI – Recipe

Tzatziki is from made from simple ingredients. This is a Budwig Center compliant version of the classic Indian side dish. With a food-grater or food processor grate or finely chop a de-seeded cucumber, add ½ to 1 garlic mashed clove per helping, squeeze of lemon juice, a small handful of chopped dill or mint to taste, and combine with a roughly equal quantity quark-linseed oil cream. Season to taste with black pepper and chopped green or red chili (optional) sprinkle with cayenne pepper (also optional).

Serve with curries, cooked vegetables, dhall (curried lentils or chickpeas), rice or buckwheat or enjoy as a dip.

PIZZA

Base

- 2 cups of spelt flour (500 ml)
- 1 teaspoon sea salt
- 2 tablespoons (30 ml) of olive oil
- 1 cup and a half water (400 ml)
- 1 teaspoon of honey
- Half teaspoon baking powder

Mix all the above until it forms a dough, spread it out on a flat tin or the base of a wide pan. Use oil on fingers to spread it out. Add a little oil and flour to base of tin if you don't have cooking sheets. Place in oven for 10 minutes at 200°C

Topping

- 2 tomatoes
- 1 tbsp (15 ml) olive oil
- 1 teaspoon of oregano
- 1 clove of garlic

Put these ingredients into a food processor or use your hand blender to mix. Once the pizza base is cooked, spread the sauce onto the pizza base (in the center first then spread outwards) Then add favorite veggies i.e peppers, mushrooms, onion, extra tomatoes, olives and some cashew "cheese"

PATATA BATATA – by Christina Weeks

- 1 Sweet potato (large)
- 1 red Potato (large)
- Half a large onion
- Half a large red pepper
- 2-3 cloves of garlic
- Water (see below)
- Cold pressed Sunflower oil
- Half Tablespoon of cumin
- 1 Tablespoon (15 ml) full of tarragon
- Sea salt to taste

Add water to ceramic pan (fill it a quarter full only), let it boil and meanwhile chop the red potato into very thin slices add to the water then chop the sweet potato in the same way and add that. Let those cook until nearly soft, meanwhile chopping up the pepper and onion into very fine slices, add those and a little sunflower oil meanwhile chop up the garlic into the pan (keep stirring) then add the herbs. Mix well and serve.

TABOULAH by Christina Weeks

- Half a bag (2 cups) of Bulgur wheat
- 1 lemon
- 1-2 cloves of garlic
- 1 cucumber
- Half avocado
- 1 half beetroot
- 1 tomato
- 1 pepper
- Fresh coriander
- Onion

Boil the bulgur as you would rice when it is round and fluffy it is ready! Drain off the water if necessary. Meanwhile chop up the veggies and herbs into small pieces (leave cold) and add to the bulgur, mix well and add oil and salt to taste.

BULGAR RICE PILAF

- 3 cups (750 ml) water
- 1/2 cup (125 ml) brown rice
- 1 cup (250 ml) bulgar wheat
- 1 cup each chopped: carrots, celery and onions
- Sea Salt and pepper to taste

Bring broth to boil, add rice, reduce heat, tightly cover and cook for 30 minutes. Add remaining ingredients return to a boil and reduce heat to maintain a simmer. Cover and cook 10 to 20 minutes longer, until rice and bulgar are tender.

POTATO Salad, Budwig Style

Boil a portion of potatoes and when cool enough to handle chop/slice. Mix a portion of quark-linseed oil cream with the juice of a lemon and 1 tbsp of apple cider vinegar. Add a a finely sliced onion, chopped chives, parsley and/or dill, black pepper and a pinch of salt and enough skimmed milk to made a creamy consistency. Mix into the chopped potatoes and sprinkle with paprika and/or a little cayenne pepper and chopped dill pickles.

Waxy potatoes have smooth, dense flesh that holds their shape well when cooked. They work well in salads or simply boiled. Key waxy varieties include Charlotte and Jersey Royals but if you can't get any of those, don't worry, it'll still be great with any potato.

Quark-linseed oil horseradish cream and beetroot salad

The goodness of beetroot and the tang of horseradish combine to create a bright, spicy, pick-me-up salad or sandwich filling: what's not to love!

- 400 g beetroot. You can either cook the beets, until soft, peel and slice or dice; or shred/grate/julienne the peeled raw beetroots through a mandolin or food grater/processor.
- 1 eating apple finely diced or grated
- One portion of the quark-linseed oil cream
- the juice of ½ lemon
- 2 tbs apple cider vinegar
- a little extra lemon juice or milk if needed
- a pinch of salt
- 1 tbsp grated fresh horseradish
- a pinch of ground caraway and a teaspoon of whole caraway seeds (optional)
- a sprinkle of cayenne or paprika

Mix all ingredients and serve with potato or leafy salad. It's good in a sandwich too.

As an alternative make this with celeriac or carrot.

BULGAR SALAD

- 1 cup (250 ml) bulgar wheat
- Pour boiling water over bulgar in a ceramic or pyrex bowl and let stand until water is absorbed and wheat is cooked (about 1 1/2 hours).
- Add oil, vinegar, garlic powder, salt and pepper and chill
- Chop and chill vegetables and combine with cold wheat mixture. Return to refrigerator to let flavors blend for an hour or so if you have time.

(Estimate on vegetable quantities we use: 1/2 – 1 bunch green onions, 1 green pepper, 3 small tomatoes, 1/2 bunch parsley, 1/2 bunch spinach, about 4 ounces salad olives.)

MAYONNAISE Quark-Flaxoil

- 3 tblsp flaxseed oil
- 3 tblsp milk
- 3 tblsp quark or cottage cheese
- 1 tblsp lemon juice and/or 2 tblsp apple cider vinegar
- 1 tblsp mustard*
- ½ tsp aromatic salt (herb-flavored salt)

Mix oil, milk and quark (cottage cheese) in blender. Add mustard, lemon juice, vinegar and salt. This Quark-Flaxoil Mayonnaise can be wonderfully varied in many flavors by adding various herbs, soy sauce, or dill pickles. It can also be used for potato salads.

MAYONNAISE – Dr. Budwig's Salad Dressing

- 2 tblsps (30 ml) Flax Oil
- 4 tblsps (60 ml) organic, low fat cottage cheese
- 2 tblsps (30 ml) milk (preferably raw) or almond or oatmilk
- 2 tbsps of Lemon juice or Apple Cider Vinegar.

Blend together, and add: mustard, chopped (organic) pickles, spices and herbs to taste. I used a small half pint canning jar on my blender.

SESAME SEED Dressing (Flax for Life! book)

- 3/4 cup (185 ml) orange juice (not candida friendly)
- 1/4 cup (60 ml) flax oil
- 3 tablespoons (45 ml) sesame seeds

Blend all ingredients together vigorously in a mixing bowl, shaker bottle or blender. Delicious over salad or fresh cut-up fruit

HERBAL BOUQUET Salad Dressing

- 2 cloves garlic, crushed 1/4 teaspoon (1.2 ml) dried oregano
- 1/4 cup (60 ml) organic flax oil
- 1/2 teaspoon (2.5 ml) dried savory
- 1/4 cup (60 ml) extra virgin sunflower seed oil
- 1/4 teaspoon (1.2 ml) ground coriander
- 4 tablespoons (60 ml) lemon juice
- 1/8 teaspoon (.6 ml) dried sage
- 1/2 teaspoon (2.5 ml) dried basil
- salt or salt substitute to taste
- 1/2 teaspoon dried chervil
- 2 teaspoons (10 ml) Dijon mustard (Not candida friendly)
- 1/4 teaspoon (1.2 ml) dried thyme

Combine all ingredients in a blender or food processor and process to an even consistency. Makes about 3/4 Cup (185 ml)

AVOCADO Recipe (our family favorite)

- 1 ripe avocado, mashed
- 3 tbsp.(45 ml) salsa
- 1 tbsp. (15ml)Spanish onion, finely chopped
- 1 tbsp.(15ml) lemon juice
- 1/4 tsp.(1.2 ml) garlic powder
- 1/4 tsp.(1.2 ml) onion powder
- sea salt to taste
- 1/2 tsp. (2.5 ml)Vegit seasoning (optional)

Blend all the ingredients in a bowl and serve with cut up raw vegetables.

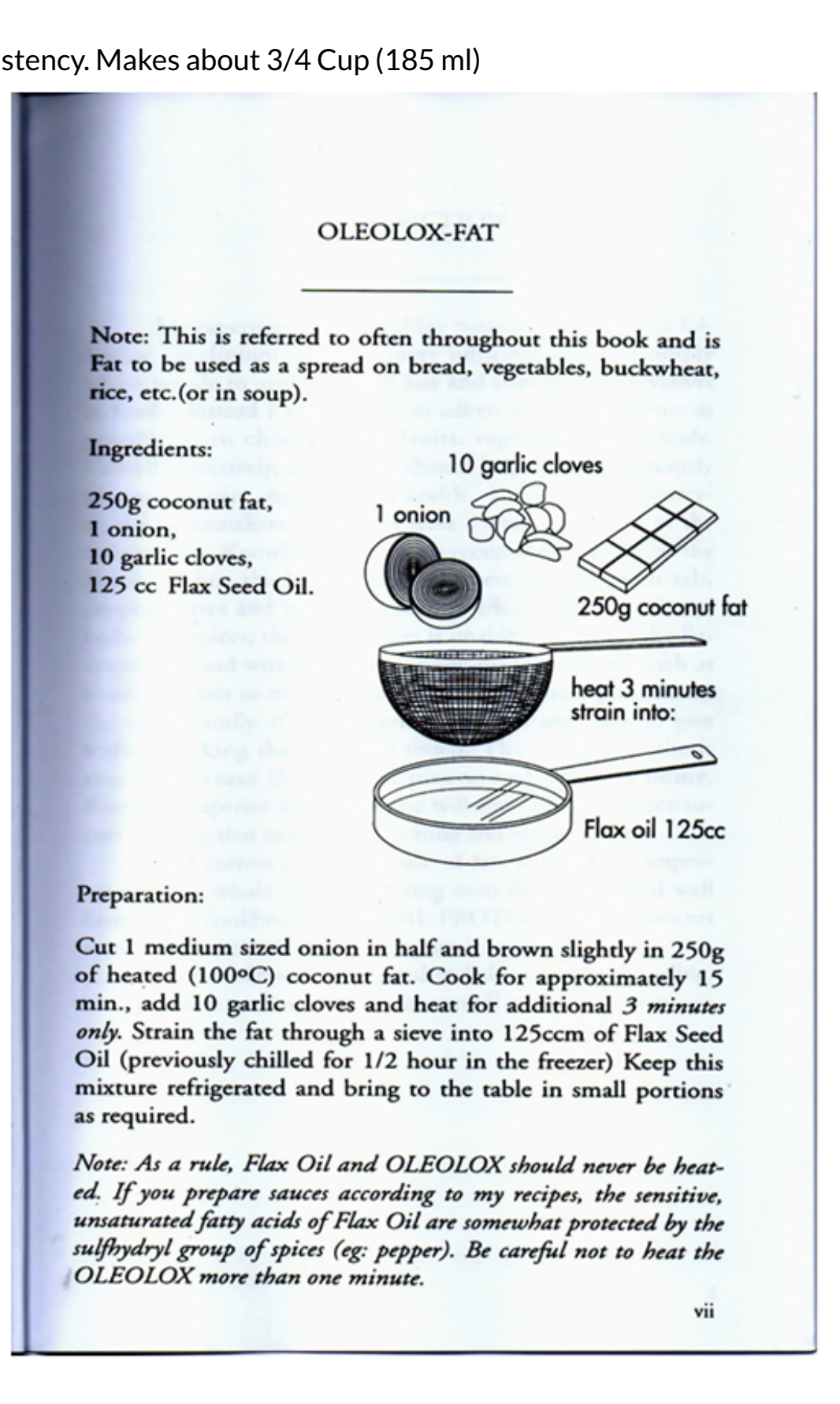
GUACAMOLE

A great dip containing healthful essential fatty acids

- 2 ripe avocados, peeled and quartered
- 1 tbsp.(15 ml)(packed) chopped fresh cilantro leaves
- dash of sea salt
- pressed cilantro, cayenne and a wedge of lime for garnish
- 1 jalapeno pepper, seeds removed (optional)
- 2 to 3 tbsp.(30- 45 ml) chopped onion
- 1/2 tbsp.(7.5 ml) lemon juice

Place the avocados in a food processor and puree. Add the remaining ingredients and puree to a thick, even consistency. Transfer to a small bowl and garnish with cilantro, cayenne and a lime wedge.

- Add ½ clove of garlic
- 2 thick slices of cucumber
- 1 TBS (15 ml)of cold pressed sunflower seed oil
- 1 tsp (5 ml)lemon
- blend with a hand blender until smooth.


10 garlic cloves
1 onion
250g coconut fat
heat 3 minutes
strain into:
Flax oil 125cc

OLEOLOX-FAT

Note: This is referred to often throughout this book and is Fat to be used as a spread on bread, vegetables, buckwheat, rice, etc.(or in soup).

Ingredients:

250g coconut fat,
1 onion,
10 garlic cloves,
125 cc Flax Seed Oil.

Preparation:

Cut 1 medium sized onion in half and brown slightly in 250g of heated (100ºC) coconut fat. Cook for approximately 15 min., add 10 garlic cloves and heat for additional *3 minutes only*. Strain the fat through a sieve into 125ccm of Flax Seed Oil (previously chilled for 1/2 hour in the freezer) Keep this mixture refrigerated and bring to the table in small portions as required.

Note: As a rule, Flax Oil and OLEOLOX should never be heated. If you prepare sauces according to my recipes, the sensitive, unsaturated fatty acids of Flax Oil are somewhat protected by the sulfhydryl group of spices (eg: pepper). Be careful not to heat the OLEOLOX more than one minute.

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HUMMUS

A fantastic-tasting Middle Eastern dish to be used as a dip or as a filling in pita sandwiches. An excellent source of complete protein and, now, essential fatty acids.

- 1 2/3 cups (420 ml) cooked chickpeas (soaked overnight preferably)
- 1/4 cup (60 ml) tahini (sesame seed paste)
- 1/4 tsp. (1.2 ml) ground coriander
- ¼ olive & sunflower oil
- 1/4 tsp. paprika
- 2 tbsp. (30 ml) minced fresh parsley for garnish
- 3 tbsp. (45 ml) lemon juice
- 2 medium cloves garlic
- 1/4 tsp.(1.2 ml) ground cumin

- 1/4 cup minced scallions (optional)
- dash of cayenne

In a blender or food processor, process the cooked chickpeas, tahini, lemon juice, and oil until the mixture reaches the consistency of a coarse paste. Use as much of the garbanzo liquid or water as needed. Add the garlic, coriander, cumin, paprika, and cayenne and blend thoroughly. Transfer the hummus to a bowl and stir in the scallions. Cover the hummus and refrigerate. Garnish with parsley before serving. Makes about 2 1/2 cups (375 ml)

VEGETABLE SOUP – Steamed

Steam random veggies, throw them in the blender, and make soup.

Use either a small red potato or ½ sweet potato (sweet potatoes are a better food), onion, and then carrot, green pepper, turnip, asparagus, broccoli, cauliflower, zucchini (any or all – whatever I find in the garden or fridge).

Add 1 teaspoons (5 ml) of sea Salt, 3 Tablespoons (15 ml) of Nutritional Yeast flakes, 1/4 teaspoons (1.2 ml) cayenne pepper, 1/2 Tablespoons (7.5 ml) Kelp Granules (optional), and blend it to death along with the water that you steamed with.

Add ground flax seeds to each bowl.

The potatoes are comparatively high calorie, but the rest of the veggies are extremely low calorie, so you can eat as much of this soup as you want. It's a great way to include veggies that you don't necessarily care for – it all tastes the same when it's blended up. You could include grains as well – you would want to blend them so that you would have a liquid diet.

SPLIT PEA Soup

A warming and nourishing soup

- 5-1/2 cups (1375 ml) water
- dash of cayenne
- 1-1/2 cups (375 ml)split peas, rinsed and drained
- 1/2 cup (125 ml) chopped green bell pepper
- 1/2 cup (125 ml) minced carrot
- 1/2 cup (125 ml)quartered and thinly sliced carrot
- 1/2 tablespoon (7.5 ml) onion powder
- 3 tablespoons(45 ml)organic flax oil
- 1/2 teaspoon (2.5 ml) dried dill weed or 1 tablespoon (15 ml) minced fresh dill

Bring the water to a boil in a large pot. Stir in the peas with the vegetable stock or bouillon cube. Cover and cook over low heat for 1 hour. Add the remaining spices and vegetables. Cover and simmer for 20 to 25 minutes. Remove from heat and cool to serving temperature. Stir in the flax oil and serve. SERVES 6

WHIPPED ACORN SQUASH and YAMS – A twist on tradition by adding flax oil.

- 2 large acorn squash, halved
- Dash of cinnamon
- 2 large or 4 medium yams
- grated nutmeg
- 1/2 cup (125 ml)fresh orange juice
- 3 tablespoons (45 ml) organic flax oil
- 1 tablespoon (15 ml) honey

Bake the squash and yams for 45 minutes to 1 hour or until tender. Scoop out the squash from the skins and place in a large mixing bowl or food processor. Remove the yam flesh from the skins and add to the squash. Add the orange juice, spices, and flax oil. Whip or mash together.
SERVES 6

VITAMIN LADY JUICE COMBO

- Couple of slices fresh ginger
- 2 cloves garlic
- 1/4 lemon
- 1 apple
- 2 lbs (almost a kilo) carrots
- Some broccoli, zucchini, beet or other solid fresh veggie
- Some kale, chard, bok choy, spinach or other leafy green
- Some pineapple, strawberries, blueberries or other soft fresh berry/fruit
- 2 tblsps ground flax
- Powdered muscadine grape
- Aloe vera juice – 1 or 2 fl.oz (30-60 ml)
- Nonijuice – 1 fl.oz(30 ml)

BORSCHT

Blend the following ingredients well in a blender

- 2 cups of water (500 ml)
- 3 beets
- 1 small root ginger (slice it first)
- 3-4 large cloves of garlic
- 6-7 bay leaves

Pour the mixture into a bowl.

Blend the following ingredients for a short time (about 30 seconds):

- 2 cups (500 ml) of water
- 2 carrots
- 2 stalks of celery
- 2 tablespoons (30 ml) of apple cider vinegar
- ½ cup(125 ml) of cold pressed sunflower seed oil
- 1 tablespoon (15 ml) of honey
- sea salt to taste

Add ½ cup walnuts and blend on low speed very quickly, so they just break into small pieces but are not blended. Pour into the same bowl and stir.

Dice or grate:

- ¼ head cabbage
- 1-2 carrots
- 1 bunch parsley

Add grated ingredients to the blended mixture. Stir and serve. As an extra kick, add a blob of almond paste.

ZUCCHINI Surprise

- 3 shredded zucchini
- 2 red apples cut in small pieces
- 1 avocado cut in small slices
- cumin to taste
- sea salt to taste

Mix all ingredients together and serve.

LENTIL Soup

- 250g lentils
- 2 carrots (diced)
- 1 onion (diced)
- 2 garlic cloves (gracted)
- 4 Tbsp (60 ml) of paprika
- 3 tbsp cumin (45 ml)
- 4 tomatoes
- 1 red pepper
- ¼ cup (60 ml) oil
- Salt to taste

Boil lentils in water and salt then add carrots, onions and garlic to soup until the lentils are soft. Meanwhile cut and chop, tomatoes, and red pepper. Add the fresh tomatoes and pepper to your dish at the end and serve with a drizzle of oil and more salt if needed.

BLACK BEAN Soup

This soup can be made up to 4 days ahead: simply pour it into an airtight container, refrigerate, and reheat to serving temperature.

- 2 cups (1 liter or 1000 ml) black beans (preferably soaked overnight)
- 1/2 medium red onions, chopped (or any onion)
- 2 tsp salt
- 4 cups (500 ml)water
- 2 large cloves garlic, minced
- 2 tsp cumin
- 1/2 teaspoon (2.5ml)chili powder (optional)
- 2 avocados
- 1 celery stick
- 2 tomato
- Olive oil

Cook the bean in water and salt in a large soup pan. Add the onions and garlic and boil until beans are soft. Add the cumin. While the soup is cooking, chop up the avocado, celery and tomato and put together in a separate dish. Serve the soup in bowls and add the fresh veggies to each portion. Add a drizzle of olive oil and salt if needed.

QUINOA SOUP

In a sauce pan, put 3 tbsp of water, 2 cloves of garlic and some cumin. When heated, add carrot, celery and the soaked quinoa from the night before (about 8 hrs.) Add double the amount of water to quinoa and allow to boil for 15 min. covered. When the Quinoa is soft, add ½ cup of Oatmilk, some feta cheese and fresh chopped coriander and serve.

LIVE FOOD FRUIT & NUTS

- 20 small apple
- 1 quart (1 ltr or 1000 ml) soaked almonds
- cinnamon, nutmeg, allspice, cloves, ginger

01. Process the apples in a food processor.
02. Process the almonds in a food processor.
03. Blend the processed apples and almonds in a bowl, and add spices to taste.

MOCK MEAT LOAF – Recipe contributed by Michele Homer

- 1 beet, grated
- 1-2 sweet potatoes, grated
- 1-2 white potatoes, grated
- 1 turnip, grated
- 1 onion, cut-up
- 3 celery stalks, with leaves

1 pound of raw walnut. Put each item in a food processor individually. When each item is processed, place in a large bowl. Mix together and refrigerate overnight. Next day, shape into a loaf. Add to your rice, baked potato or other grains permitted.

ALMOND DRESSING/DIP

Blend with hand blender or food processor:

1 cup of soaked almonds, Little garlic, ½ lemon's juice, 2 tbsp oil, ½ cup water, 1 tsp salt

TOMATO SAUCE

Make a raw sauce with the following:

- 1 cup (250 ml) of chopped tomatoes per person
- 1 garlic glove or as required grated
- 1 green or red pepper, chopped
- 3 mushrooms, sliced
- oregano or fresh coriander (you can change the herbs but these are the most popular)
- 1 Sundried tomatoes in olive oil per person

Mix the first 5 ingredients and add the oil from the sundried tomatoes, chop the sundried tomatoes and add them to the mix. Serve over pasta or healthy bread.

COLSLAW (Cabbage Salad)

20 minutes before serving

01. Grate or chop 1 cup of finely fresh cabbage
02. Mix 3 tablespoons of olive oil, and 1 teaspoon of apple cider and a teaspoon of lemon.
03. ½ teaspoons of Salt and 1 ½ teaspoons of xylitol and stir into the cabbage
04. After 20 minutes add a few raisins, mix and serve

SAUERKRAUT Homemade (and sauerkraut juice)

Utensils:
1] Fermentation container (glass, glazed crock, food grade plastic)
2] Plate to hold cabbage down (dinner plate, glass plate, oak plate, plastic)
3] Weight to hold plate down (water-filled jars, well-cleaned smooth rock).
4] Towel to cover fermentation container.

Ingredients:
1.5 kg (3.3 lb) cabbage (after outer leaves and cores have been removed).
1 tablespoon (15 ml) Himalayan Crystal Salt

Directions:
Discard outer leaves. Cut heads into four wedges. Discard cores. Shred. Put a layer of shredded cabbage in a suitable fermentation container. Add some of the salt, mix. Compress cabbage firmly (using clean fist) until salt and pressure draws juice from cabbage.
Repeat above step with another layer of cabbage, some salt and compressing it. Repeat until all cabbage and salt is in the container.

Juice must be at least 1″ to 2″ (2.5 – 5.0 cm) above the cabbage at while fermenting. If juice does not cover cabbage in that way add clean chemical-free boiled and cooled water with 1 teaspoon (5 ml) of salt per 500 ml water.

Insert a dinner plate or glass pie plate into the fermentation container. The plate must be slightly smaller than the container opening, but large enough to cover most of the shredded cabbage. Weigh it down with jars filled with water or a well-cleaned rock.

Cover container opening with a clean towel to prevent insects and dust from entering. Check kraut two to three times per week and remove scum.

Keep kraut in a warm place.
The ideal fermenting temperature range is 70-75°F (21-24°C). The sauerkraut should be ready in 3-4 weeks.
If it is 55-65°F (13-18°C), it will take 5-6 weeks.
If it is below 55°F (13°C), it may not ferment.
If it is above 80°F (27°C), it may spoil.

MAIN COURSE & SNACKS

Please note: Xylitol can be added to any of these recipes if you like it sweeter, however only use XYLITOL made from Birch trees or use Stevia

YUMMY GOOP

- Dates
- Pine nuts (soaked overnight)
- Apples (optional)

Ratio of 3 parts pine nuts to 1 part dates

01. Soak pine nuts overnight
02. Put dates and nuts in the Champion juicer.
03. Garnish with apples

4 cups of shredded cabbage, vegetable seasonings, or herbs to taste

Mix all ingredients in a bowl, and serve.

Banana Split -by Christina Weeks

Slice 1 banana in half lengthways and add whatever other chopped fresh fruit preferred.

Break up some walnuts or any other nuts you like over the fruit.

Take 1 tsp (5 ml) of chocolate powder and 1 TBS (15 ml) spoon of extra virgin coconut oil mix well to form a chocolate syrup pour on top and enjoy.

AVOCADO MOOSE – Desert by Christina Weeks

- 1 Avocado
- 1 Banana
- 1-2 TBS (15-30 ml) of either or all of the following oils cold pressed sunflower seed oil, flaxseed or organic coconut oil.
- 1 tsp (5 ml)of raw organic chocolate powder (optional)
- 1 cup (250 ml)of walnuts.

ICE CREAM Vanilla (and you can add berries, nuts and juices to make it another flavor)

- 3 Tbsp (45 ml) flaxseed oi
- 3 Tbsp milk (OAT OR ALMOND
- 1 Tbsp (15 ml)honey
- 100 g.(125 ml) Quark
- 1 tsp (5 ml) ground vanilla

Mix Quark, Flaxseed oil, milk and honey in blender. Mix well with the vanilla. Pour into container with liquid and place in freezer. Very smooth when frozen. You could get it very cold without freezing and eat it that way.

MANGO PASSION

- 2 small glasses of water
- 2 mangoes
- 2 tangerines
- 2 passion fruit
- ½ pineapple

WATERMELON WONDER

- 1 small glass of water
- 2 big slices of watermelon with the black seeds
- I peeled cucumber
- 1 tablespoon (15ml)chopped ginger

KIWI DELIGHT

- 1 small glass of water
- ½ honeydew or green melon
- 4 kiwi fruit
- I green apple
- 1 green pear
- Juice of 1 lime

TOMATO COOLER

- 2 small glasses of water
- 4 large tomatoes
- ½ large cucumber
- ½ bunch watercress
- Juice of orange or lemon
- 4 fresh mint leaves
- 1 tsp (5 ml)of Mistletoe powder
- Sea salt and Tabasco/Worcester sauce to your taste

GREEN CREAM COOLER

- 2 small glasses of water
- 1 bunch parsley
- 1 small romaine lettuce
- I handful watercress
- 2 handful berries
- Juice of 1 lime

FENNEL and APPLE

- 2 small glasses of water
- ½ pineapple
- 2 sweet apples
- ½ bulb young fennel

Remember that you can add nuts and seeds, spices and fresh herbs. I love coconut powder, carob powder, cinnamon and all-spice. Apples, pears, bananas are staple fruits for smoothies so experiment with as many variation as you like.

PEACH with mint

- 2 small glasses of water
- 4 peaches or nectarines
- 1 apple
- Juice of 1 lime
- Small handful of fresh mint leaves

Combining fruits and vegetables seems the easiest way to add Superfood. Here is one that you can try

RED POWDER PUNCH

- 1 cup of water (250 ml)
- I handful tender beetroot leaves
- 1 red pepper
- 12 large strawberries or other berry
- 1 slice watermelon or red grapes, with seed preferably

APPLE PIE

- BASE: 1 cup of soaked almonds and walnuts blended with 8-9 dates and juice from 1 orange
- FILLING: 3 cups of shredded apples, 1 cup of soaked raisins
- 1 ½ cup of soaked cashews, ¼ tsp nutmeg, ½ tsp cinnamon, ½ cup of water from soaked raisins
- 2 tbsp honey
- 2 teaspoons of Xylitol
- Blend last 5 ingredients and then mix this sauce with apples and raisins. Place over the base and decorate with fruit if you wish or coconut

FRUIT LAYER CAKE

Same base as "Apple pie"

- Place a layer of fruit slices of your choice (kiwi, nectarine, peaches…)
- Sprinkle some raisins and coconut over the base
- Blend 3 tbsp of quark with vanilla and honey or water and stevia to sweeten
- Add ground almonds (from coffee grinder) into the quark "whipped cream" and place as another layer
- Top off with another layer of the slices of fruit of your choice and maybe some more ground nuts on the top.

Serve with a few extra fruit slices

LEMON CHEESECAKE – contributed by Christina Weeks

(You need a coffee grinder and good processor to do this properly)

- Grind 3 TBPS (45 ml) of flaxseeds with the coffee grinder (3 TBPS per person)
- Add 1 handful of raw oats (1 handful per person) along with the ground flaxseeds into the food processor along with 1 banana and some cold pressed sunflower seed oil and blend for 2 minutes
- Put into dish as a base and pat down and freeze (optional)
- Add ½ cup (125 ml)of cottage cheese and 3 TBPS (45 ml) of flaxseed oil (as per the Budwig recipe) into a blender and blend with the rind of a whole lemon and add the juice as well

Spread on top of base; add slices of banana (decoration) Enjoy!!

CARROT FRUIT CAKE – Recipe contributed by Laurie Godbois

Cake:

- 1 cup(250 ml) dried figs, soaked
- 1 cup raisins, soaked
- 1/2 cup (125 ml) pitted dates
- 4 cups (1 ltr or 1000 ml) shredded carrots
- 3 cups soaked nuts (750 ml)(almonds, walnut, or cashews)
- 1/2 teaspoon (2.5 ml) each: ginger, cloves, cardamom

Topping:

- 1/2 cup (125 ml) dates
- 1/2 cup cashews
- 1/2 cup soaking water

Soak figs, raisins and dates in 3 1/2 (425 ml)cups of water for one hour, reserving liquid. Soak nuts in 5 cups (1250 ml) of water for 8-12 hours. Drain, rinse and drain nuts again. Place nut in food processor and chop finely, place in large bowl. Add figs, raisins, dates and spices to processor and process until smooth. Pour mixture into bowl with the nuts. Mix well. Add carrots mix thoroughly. Form mixture into desired shape.

Process dates, cashews and soaking water until smooth. Spread on top of the cake.

CAROB PUDDING –Recipe contributed by Lena Aurora

- 2-3 avocados
- 1 3/4 (437 ml) cups dates, putted, cut up
- 1/2 – 3/4 (125-185 ml)cup water
- 3 tablespoons (45 ml) raw carob powder

In a blender, place avocados and blend until smooth. Add dates, a few at a time, with water and blend until smooth. Add carob and blend until mixed in. Pour mixture in a serving bowl and chill. Serves 4-6

HOT CAROB CEREAL *(from The Healing Power of Flax by Herb Joiner Bey, N.D)*

- 2 1/4 (560 ml)cups water or rice milk
- 1 cup (250 ml)oatmeal
- 1 tablespoon (15 ml) unsweetened carob powder
- 1/2 teaspoon (2.5 ml)cinnamon
- 2 tablespoons (30 ml) flax oil
- 1 tablespoon (15 ml) raisins

Bring the water or rice milk to a boil. Stir in the oatmeal, carob powder, and cinnamon. Cook for 3 minutes. Remove from heat and stir in the flax oil, raisins, and honey. Let sit with lid on for 1 minute. Serve topped with yogurt if desired. Serves 1-2

RAW CHOCOLATE FUDGE

Blend well

- 1 x 250g bag of preferred raw nuts (almonds, cashews, macadamia (best to soak the night before)
- 8 dates (be sure there is no sugar added as a preservative) – remove stones
- ½ cup (125 ml)of cold pressed olive oil into a food processor

Then add

- ¾ cup (185 ml) of shredded coconut
- 1/3 cup (90 ml) of natural raw chocolate powder (Processed cocoa has lost many health benefits)

Mix well – Put it the freezer overnight before serving and honey mixture.

If you have no starter, then add 8 tablespoons of raw unpasteurized Apple Cider Vinegar.

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